

# Introducing Sunday Salmon & Founder, Mary Grothe



Venues available for rent when its not in use for dinner services.

Each month, Louie Lee of The Lee Team uses this space to shine the spotlight on a nonprofit organization that's making our community a better place to be in with the hope of generating support from the people who live here. We are proud to highlight Sunday Salmon this month.

Mary Grothe traded a corporate career for a communal kitchen, launching a unique donation-based restaurant in the Old Village Inn in Castle Rock on Jan. 5.

Sunday Salmon aims to create a space for community building and connection, offering a simple menu centered around Grothe's signature Sunday salmon dish — a recipe she's perfected over the past decade.

People from the Castle Rock community, where about 3,000 people live below the poverty line, gather on Sundays to share a free meal Grothe prepares. She uses sushi-grade Atlantic salmon raised in their natural environment with no antibiotics. She serves it with organic vegetables such as balsamic roasted Brussels sprouts, honey-glazed carrots and sauteed potatoes and offers organic chicken breast as an alternate protein option.

At the end of March, Grothe added Thankful Thursday Dinners to the lineup, and she hopes to start Taco Tuesdays in the future. When the space isn't being used for serving meals, Grothe rents it out for community events to provide income to cover operating expenses.

Rather than traditional fundraising, Sunday Salmon relies on community support. One evening, local State Farm agent Randy Bales walked in and said he wanted to pay for the dinner. Pedego Electric Bikes sponsored another evening.

"Every month, I do an online fundraiser," Grothe said. "It's donation-based, and it helps cover food, rent and utilities. We usually fall \$3,500 short, and my husband and I pick that up."

A \$25 donation covers the cost of one meal, and \$250 pays for a table.

Rent, utilities and insurance cost the Grothes \$3,850 per month. Food for six dinner services is \$4,500.

"It's not atypical to have a couple of homeless people sit with business owners," Grothe said. "People leave as friends." Grothe said she created Sunday Salmon because she was "completely unfulfilled" in her corporate career, so she stepped away and sold everything she had of value — her Porche, clothes, handbags and jewelry — to fund the restaurant.

"I had this vacancy in my soul," she said. "I felt like I was created for more."

"It's a blessing to be able to cook for people and sit down with them, meet our neighbors and have a community atmosphere."



To donate, please visit [www.sundaysalmon.com/donate](http://www.sundaysalmon.com/donate).



Sunday Salmon Founder, Mary Grothe



Volunteers



New to the community dinners are now Thankful Thursdays!



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